

# Ballston Spa High School

## (G) V Cross Country

### Coaches:

- Theresa Rousseau, Head Coach
- Chris McNulty, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 10, 2024	Tue	Regular Season	Columbia High School @ Guilderland High School	4:15 PM	5:55 PM	Tawasentha Park	<b>Departure Point:</b> ride with boys	L
Sep 14, 2024	Sat	Regular Season (Queensbury Invy)	Lake George, Remsen (Remsen/Town of Webb), Roy C Ketcham/ Wappingers JHS, Schenectady High School, Schuylerville, Saratoga Springs High School, Maple Hill, Greenville, Shaker High School, Delaware Academy, Shenendehowa High School, Adirondack, Gloversville, Broadalbin-Perth, South Lewis, Scotia-Glenville, Vernon-Verona-Sherrill, Ballston Spa High School, Waterville, Auburn, Colonie High School, Beaver River, Oneida @ Queensbury	9:00 AM		Queensbury HS, Trails @ Elem. School	<b>Departure Time:</b> 7:45 AM	NL
Sep 24, 2024	Tue	Regular Season	Averill Park High School, Colonie High School @ Saratoga Springs High School	4:15 PM	5:55 PM	Saratoga Spa State Park	<b>Departure Point:</b> ride with boys	L
Sep 28, 2024	Sat	Regular Season (McQuade Invitational - Rochester )	@ TBD	8:50 AM		TBD	<b>Departure Point:</b> Charter	L
Oct 1, 2024	Tue	Regular Season	Shenendehowa High School, Bethlehem High School @ Shaker High School	4:15 PM	5:55 PM	Colonie Mohawk River Town Park	<b>Departure Point:</b> ride with boys	L
Oct 5, 2024	Sat	Regular Season (Grout Run Invitational)	Shaker High School, Colonie High School @ Schenectady High School	9:00 AM		Central Park		L
Oct 8, 2024	Tue	Regular Season	Burnt Hills-Ballston Lake HS @ Schenectady High School	4:15 PM	5:55 PM	Iroquois Middle School, Niskayuna	<b>Departure Point:</b> ride with boys	L
Oct 12, 2024	Sat	Regular Season	Lake George, Niskayuna High School, Shaker High School, Shenendehowa High School, Colonie High School @ Burnt Hills-Ballston Lake HS	9:00 AM		Saratoga Spa State Park		NL

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 26, 2024	Sat	Meet (SSC Championships)	Vs. Multiple	12:30 PM		Saratoga Spa State Park	<b>Departure Point:</b> ride with boys	NL
Nov 9, 2024	Sat	Post-Season (Sectionals at Queensbury High School )	@ TBD	1:00 PM		Queensbury High School		L

Date: 2024-11-07